


WARM UP

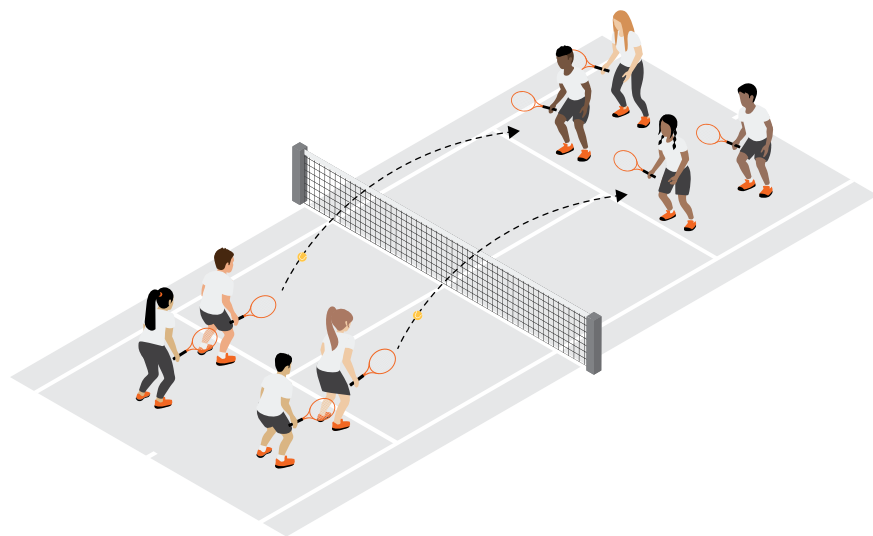
Pop corn tennis:

- Students rally in service boxes, keeping the ball going cooperatively.
- Students alternate with their partner, hitting one shot and then peeling off to the side.

Equipment:

 Low compression tennis balls

 Tennis rackets



Students shadow smashes and lobs:

Smash:

- Track the incoming ball with non-dominant hand pointing at the ball.
- Adapt to the incoming ball with the body and racket.
- Stand side on.
- Racket path – overarm throwing action.
- Contact the ball above head height at 12 o'clock position.

Lob:

- Play a forehand or backhand groundstroke with the strings pointing up to lift the ball high.

TEACHING POINTS:

- Adapt to the incoming ball with the body and racket.
- Recover back to a central position.
- Work cooperatively as a team.